

BANISHING THE *WINTER BLUES*



**WINTER
WELLNESS
CHALLENGE**

LOOP

FEB. 5, 11-3PM
11TH FLOOR
GALLERY

LINCOLN PARK

FEB. 6, 2-6PM
ATRIUM +
LOUNGE 1898

MENTAL HEALTH ACTIVITIES
MASSAGE CHAIRS
PLANT POTTING
GRATITUDE JOURNALS

LOOP



LINCOLN PARK



SCAN TO REGISTER ➔



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

University Counseling and Psychological Services



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

Office of Health Promotion and Wellness



DEPAUL UNIVERSITY

DIVISION OF STUDENT AFFAIRS

Office of Student Involvement